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a desired therapeutic RNA portion, wherein said molecule comprises an intramolecular stem formed by base-pairing interactions between a 3' region and 5' complementary nucleotides in said RNA, wherein said stem comprises at least 8 base pairs, and wherein said desired therapeutic RNA portion is present between the 3' region and the 5' complementary nucleotides.

2. (Amended) The RNA molecule of claim 1, wherein said RNA molecule is transcribed by a RNA polymerase III based promoter system.

3. (Amended) The RNA molecule of claim 1, wherein said RNA molecule is transcribed by a type 2 pol III promoter system.

4. (Amended) The RNA molecule of claim 1, wherein said RNA molecule is a chimeric tRNA.

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5. (Amended) The RNA molecule of claim 3, wherein said RNA molecule has A and B boxes of a type 2 pol III promoter separated by between 0 and 300 bases.

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6. (Amended) The RNA molecule of claim 5, wherein said desired therapeutic RNA portion is at the 3' end of said B box of said RNA molecule.

7. (Amended) The RNA molecule of claim 5, wherein said desired therapeutic RNA portion is in between said A and said B box of said RNA molecule.

8. (Amended) The RNA molecule of claim 5, wherein said desired therapeutic RNA portion includes the B box of said RNA molecule.

9. (Amended) The RNA molecule of claim 1, wherein said desired therapeutic RNA portion is selected from the group consisting of antisense RNA, decoy RNA, therapeutic editing RNA, enzymatic RNA, agonist RNA and antagonist RNA.

10. (Amended) The RNA molecule of claim 1, wherein said 5' complementary

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nucleotides of said RNA molecule are able to base-pair with at least 12 bases of said 3' region.

11. (Amended) The RNA molecule of claim 1, wherein the 5' complementary nucleotides of said RNA molecule are able to base-pair with at least 15 bases of said 3' region.

12. (Amended) A DNA vector encoding the RNA molecule of claim 1.

13. (Amended) A RNA vector encoding the RNA molecule of claim 1.

14. (Amended) The DNA vector of claim 12 wherein the portions of the DNA vector encoding said RNA molecule function as a RNA pol III promoter.

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15. (Amended) A cell comprising the vector of claim 12.

16. (Amended) A cell comprising the vector of claim 13.

17. (Amended) A cell comprising the RNA of claim 1.

18. (Amended) A method to provide a desired first RNA molecule in a cell, comprising introducing into said cell a second RNA molecule comprising a 5' terminus, a 3' terminus, and said desired first RNA molecule, wherein said 5' terminus is able to base pair with at least 8 bases of said 3' region, and wherein said desired first RNA molecule is present between the bases of the 3' region and the 5' terminus capable of base pairing in the second RNA molecule under conditions suitable to provide the desired first RNA molecule in the cell.

19. (Amended) The method of claim 18, wherein the introduction of the second RNA molecule comprises providing a vector encoding said second RNA molecule.

20. (Amended) The RNA molecule of claim 1, wherein said RNA molecule is transcribed by a RNA polymerase II promoter system.

21. (Amended) The RNA molecule of claim 1, wherein said RNA molecule is transcribed by a U6 small nuclear RNA promoter system.